

# SPOKE

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Conestoga College, Kitchener, Ontario

January 30, 1995

## Inside...

### Perspective

## Conestoga College

This week's perspective focuses awareness on women's issues. The DSA says it is uncertain about what students want in a women's centre and men start to show their feminine side.



See page 9

### Sports



Condor goalie Scott Ballantyne is profiled in this week's sports section. Condor players and head coach Ron Woodworth comment on Ballantyne's abilities.

See page 12

### Entertainment



The compelling new movie, *Murder in the First*, is reviewed in this week's entertainment section. Also, the *Crash Test Dummies* play LuLu's to the delight of about 3,000 fans.

See page 15

## New business wing gets government boost

By Kim Breese

Government funding of about \$1.3 million will enable Conestoga College to make the new business wing currently under construction at Doon campus, a "top-notch facility," said college President John Tibbits in a brief ceremony Jan. 19 in the Blue Room.

Tibbits spoke after Cambridge MP Janko Peric and Kitchener-Wilmot MPP Mike Cooper made an official announcement of the funding under the Canada/Ontario Infrastructure Works program.

Peric congratulated the college on its undertaking of the 40,000-square-foot wing designed to consolidate business programs and computer labs. It is due to open in August 1995.

"In a modern society, access to knowledge is essential to progress and prosperity," said Peric. "This project clearly shows that we keep our promise to create jobs and to provide a better learning environment for the youngest members of our society."

The new wing is expected to create 2,500 weeks of construction employment and 10 long-term jobs, but Cooper said the federal and provincial governments realize they cannot be the only ones to create jobs.

"What we're doing," said Cooper, "is going to our community partners because we realize they are the ones that are going to be the driving forces to create the jobs that are necessary for the future."

Tibbits thanked the politicians for their continuing support. "This is a classic example, I think, of partnerships in action," he said.

The college found other partners among its students, employees and local businesses, who donated to a college fund-raising campaign. According to a news release, the campaign has almost reached its \$3-million objective, which Conestoga College will contribute to its almost \$4.4 million addition.

More than \$400,000 was donated by college employees, which Tibbits said, "is the highest per cent

See Wing, page 4



Dave Putt, director of physical resources, Helen Friedman chair of board of governors, Cambridge MP Janko Peric, college President John Tibbits and Kitchener-Wilmot MPP Mike Cooper, discuss plans for the college's new business wing. (Photo by Kim Breese)

## Single moms eligible for award

By Lori Grant

If you are a single mother and a student at Conestoga College, Doon campus, you may be eligible for the \$500 Zonta International Award.

Zonta International of Cambridge is offering the award to all female students who meet certain criteria. The criteria are: the student must be in a program of one or more years' duration at the Doon campus; the student must have at least a B average; the student must be in receipt of family benefits and the student must be a permanent resident of

Cambridge.

The award has been established to help single mothers who are continuing their education, said Myrna Nichols, a member of Zonta International of Cambridge and who works at Student Services on campus.

"Academics are important," said Nichols, "but the money's intended to help them so they don't run into any crunches." Nichols said since the award is a bursary, and therefore does not have to pay it back, the recipient does not have to declare it on her income tax.

Zonta International is a recog-

nized world-wide organization that consists of a networking of professional women, said Nichols. "We do many things that pertain to women, although men can join."

Zonta International of Cambridge was established three years ago and has 13 members who do various volunteer work and fund raising. Nichols said the club does a lot of volunteering with Meals on Wheels and the Argus House — a women's shelter in Cambridge. The club has also done a fundraiser for the Rape Crisis Centre at the Cambridge Memorial Hospital.

See Award, page 4

## Students demand teacher evaluations

By Kelly Spencer

Although the issue of implementing a system where students at Conestoga College can regularly evaluate the faculty "seems to pop up every year", to date, nothing has been put into action, said Shelley Kritz, DSA director of public relations.

"Faculty evaluation questionnaires would be an excellent tool to find out what is going on in the classrooms," said Kritz. "Students should have a say in who teaches them."

Some surrounding colleges, such as Sheridan in Oakville, Ont., provide students with faculty evaluation questionnaires, and many universities offer them at the end of each course.

John MacKenzie, vice-president of student development and human resources, said that while Conestoga College does not have a sys-

tematic evaluation of all faculty by their students, there is an existing assessment process, which is handled by administration.

He said the faculty performance appraisal is a process by which all teaching faculty is evaluated based on the combined results of a faculty self-assessment questionnaire and a student appraisal of teaching questionnaire. MacKenzie said the questions on each of the forms coincide and cover many aspects of teaching, including the instructor's knowledge and presentation of material, contents of the curriculum and the atmosphere the teacher creates within the classroom.

The faculty performance appraisal is done at least once every three years for faculty who have reached the maximum step on the salary grid, said MacKenzie. Instructors who are new to the college are considered "probationary" faculty and are assessed at the end of

each semester for their first year. He said afterwards, they are assessed on a yearly basis, until they reach the maximum step on their salary grid. "But if at any time, there are a lot of student concerns directed to the chair (of a program), a student appraisal will follow," he said.

MacKenzie added, the appraisal performance works to improve performance and carry the school's commitment to providing high-quality education.

The student appraisals are distributed by administration in the absence of the teacher, he said. "Research has shown that when evaluation sheets are distributed by the actual teacher being evaluated, you don't get an honest answer." MacKenzie said once the questionnaires are reviewed, a summary report is typed up by administration. The program chair and the instruc-

See Questionnaire, page 4

## Student safe in Toronto

By Maria Wareham

Uma Sritharan a 19-year-old Conestoga College student reported missing on Jan. 9, is safe and sound said Staff Sgt. Bob Schmidt of the Waterloo regional police.

Sritharan a Cambridge resident walked into a Toronto police station on Saturday, Jan. 21 and identified herself as the missing person, said Schmidt.

He said "There were some problems at home and that is why she left."

She did not give police any indication of when or if she would be back to the area, said Schmidt. Sritharan was reported missing by her father Sritharan Murugesu on Jan. 9 after she failed to return home from school. Her white Mazda was left in parking lot 12 at the college.

Murugesu said he had not spoken to his daughter and did not know where she was staying in Toronto but "I'm glad she is alive, that is all I wanted to know."

He said he is hopeful she will contact the family soon and come back home to live.

Grant McGregor, principal of Conestoga's Doon campus, said Sritharan has not contacted the school.

The white Mazda left in the parking lot since Jan. 9 was picked up by her father on Monday, he said.



## SPOKE

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## Students should pay for their own education

This February, the federal government will present its new financial plan to the Canadian people. This process is usually referred to as the "coming down" of a new budget, and such a reference is particularly apt this year considering the fact that Finance Minister Paul Martin is already hinting that spending cuts will weigh heavily on the shoulders of society.



By Blake Patterson

In preparation, student organizations such as the Ontario College Student Parliamentary Association and the Canadian Federation of Students are planning food drives and strikes to protest cuts to educational transfer payments, but they should be preparing to bare up and accept more responsibility for their education.

A farmer, for example, doesn't ask the government to purchase seeds for him, he pays for his own raw materials. So should students. Why should students expect the government to pay for 89 per cent of their education, their raw materials.

Rather than planning strikes, students should take time to consider the bigger picture of Canada's economic reality. No amount of striking, petitioning or protesting on Parliament Hill will change the fact that the federal government has been elected with a mandate to make severe spending cuts in an effort to reduce the national deficit. Canadian society realizes that such cuts will translate into holes in the social safety net, and popular opinion proves they are willing to accept hardship.

Alberta Premier Ralph Kline, who has eliminated his provinces' annual deficit by hacking and slashing at social spending and reaching deep into his electorate's pockets, is riding an unprecedented wave of voter support.

The people of Alberta love "Premier Ralph." Such a message will not fall on deaf ears in Ottawa.

The reality is that spending cuts are coming and transfer payments will end. Be it in this budget or some future budget, the reality is that government will have to stop subsidizing education and students better get used to paying their own way.

In the information age, education will be the guiding light to Canada's prosperity, but Canada's future does not depend on degrees and diplomas hanging on the wall, it depends on the attitude and self-sufficiency of individual Canadians. In a democracy, the country is the people, and each of us has the right to succeed or fail according to our own merits. The government's role should only be to ensure that the playing field is level, not to try to fix the game so that everybody wins.

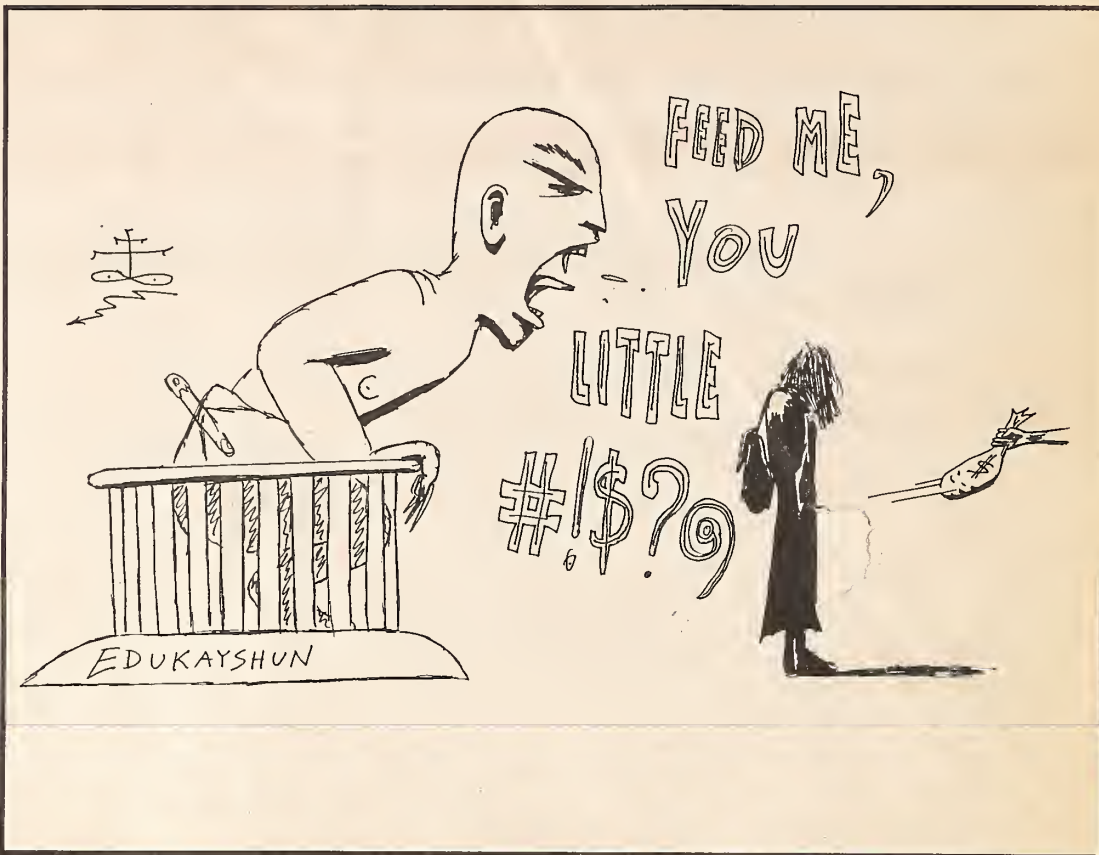
The government is going to get out of the business of holding our hands and the warm safety of the social welfare breast is going to be ripped from our mouths — we might as well grow up and get used to it.

## Letters to the editor

Spoke welcomes all letters to the editor. If you have a beef, or an opinion, please send it in. Spoke reserves the right to edit letters to fit space, and to remove any libellous statements. Your letter must be signed, and include your program and year for verification. Send letters to the Spoke office, Room 4B15, Doon campus.

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# OPINION



## Sludge-kicking: a Canadian's sport

I've been denied my God-given rights of the winter season long enough. Traditionally, we've had snow by December all-inclusive until March which, in the past, has allowed me sufficient time to participate in my winter activities.

These include: sledding at 200 kilometres-per-hour with a video camera strapped to my arm, drinking hot chocolate through a twisty straw, and kicking the sludge off the sides of my car.

Now for those who don't know what sludge is, allow me to clarify. Sludge is the term given to that mixture of snow, slush, mud, salt and crap that gathers in the wheel wells of cars all across this great country of ours in winter.

No matter what you call it, at some point over the course of our lives, we've all taken a few precious moments to stop what we're doing and give that sludge a kick.

There's no point in denying it any longer, because it is one of those facts of human nature.

For some strange reason that will probably be explained when we make it to heaven, we are drawn to kick that crap from the wheel wells. It's almost as if we're afraid that if we didn't get rid of the sludge when we had the chance, someone else would come along



By Blair Matthews

and get rid of it for us. This has been rumored to be a criminal offense in some rural communities.

Or, perhaps we're concerned that the build up of sludge — particularly on larger imports with rear impact beams — will cause the

wheel alignment to shift to one side thus requiring an expensive trip to Canadian Tire. These things happen. Sludge can take on all sorts of different shapes, sizes, and degrees of hardness.

As we all know, looks can be deceiving.

There are times when the wimpiest looking sludge collection can be bone-breaking rock hard. This is sometimes referred to as the "Oh-s—t-I-broke-my-toe!" sludge. A list of profanities usually follows.

Other times your foot can sail right through the pile creating a dent in your car the size of a grapefruit. This incident has been referred to as the "Oops-I-shouldn't-have-bought-a-(insert make and model here)" sludge.

For those who feel sludge-kicking is becoming too big of a problem to control, help is available in the form of support groups, self-help tapes, and 1-800 numbers for those seeking anonymous treatment.

As for me, I'll be waiting patiently for the snow to fly and the sludge to form for hours of winter enjoyment the whole family will love.

## Undesirable jobs deserve respect

When was the last time you heard a small child announce that they want to be a janitor when they grow up? A garbage collector? Grave digger?

Chances are you would be shocked or appalled to hear that they have such low aspirations and you would be inclined to suggest more socially acceptable occupations to them such as a fireman, police officer or teacher.

General Motors recently opened up a new factory that drew in thousands of people to apply for future employment, but when was the last time you saw that many people clamouring to get into the local sewage treatment plant? Never.

People tend to either stick their noses up at these occupations or forget they even exist when it comes time to decide what they are going to do with the rest of their lives.

I'll admit I have never aspired to



By Kerry Masche

enter any of these occupations myself, but I have a lot of respect for those who have.

Think about what life would be like if there was no one to collect our garbage every week, or to bring it to the landfills the rest of us don't want to have to contend with. What would Conestoga College be like if there was no one to clean up after us in the cafeteria and bathrooms?

Before too long we'd be up to our ears in garbage and unable to use the bathrooms that are conveniently stocked with toilet paper rolls we don't have to worry about replacing.

Morticians have chosen one of the most unappealing vocations avail-

able. Who would want to embalm dead people for a living? Or dress them up in their Sunday best and put makeup on them so they will look peaceful and serene for their grieving relatives at the funeral?

Somebody has to do it. Unfortunately, the first thing people usually say when they look upon the body is "That doesn't look like him."

Think about all of the jobs in this world that you find disgusting, demeaning or embarrassing and then be thankful there are people out there who don't feel the same way.

We should take the time to appreciate what certain people do to make our lives cleaner and more convenient. No one wants to wallow in filth every day, but there are people who do it for a living. So the next time you put your garbage out beside the curb at least have the courtesy to stack it neatly. Someone is doing you a favor by taking it out of your hands.



## Campus Comments

**In Superbowl XXIX, what will the final score be and who will win MVP?**



San Francisco 28, San Diego 24  
MVP: Deion Sanders  
**Mike Shea**  
First-year LASA

San Francisco 35, San Diego 24  
MVP: Steve Young

**Paul Meyer**  
Third-year marketing



San Francisco 20, San Diego 13  
MVP: Steve Young  
**Rhopal DeSilva**  
First-year computers

San Francisco 49, San Diego 10  
MVP: Deion Sanders

**Dave Macintosh**  
Teacher, mechanical engineering



San Francisco 38, San Diego 14  
MVP: Steve Young  
**Steven Jones**  
Second-year electronics

San Francisco 28, San Diego 14  
MVP: Ricky Waters

**Wayne Wells**  
Teacher, close protection professionals



San Francisco 40, San Diego 20  
MVP: Steve Young  
**Paul Harvey**  
Third-year CPA

San Francisco 35, San Diego 17  
MVP: Steve Young

**Tim Kerr**  
Third-year CPA



San Diego 28, San Francisco 21  
MVP: Stan Humphries  
**Tom Carroll**  
First-year LASA

San Francisco 38, San Diego 17  
MVP: Jerry Rice

**Dave Desilva**  
First-year LASA



*Ideas? Are there questions you would like answered? Spoke welcomes suggestions for Campus Comments. Bring suggestions to the Spoke office at room 4B15 or call Spoke at 748-5366.*

## Traffic jam soon to be cleared

By Kim Breese

Frustrated drivers frequently caught in the morning vehicle back-up on westbound Highway 401 at the Homer Watson Boulevard cut-off should be noticing improved traffic flow soon, if they have not already, said Egerton Heath, supervisor of traffic control systems for the Region of Waterloo.

The problem of vehicles stopped on the 401 waiting to exit onto the ramp near Conestoga College between 8 a.m. and 8:30 a.m. has been identified as a problem since September, said Heath.

Changes were delayed because of trouble in ordering the necessary equipment, he said.

Lorraine Graydon, a third-semester journalism student, said traffic is heavy on Highway 401 around 8:30 a.m.

"It is lined up for about a mile down the 401. A lot of people don't realize what is going on and that they have to slow down," said Graydon. "I'm surprised there hasn't been an accident."

Mike Farwell, a second-year broadcasting student, said, "If I have an 8:30 class, I leave at 7:30 to avoid the traffic. If you don't hit that part of the highway by 8, you're done. There's nothing that frustrates me more than getting stuck in traffic."

Heath said his department, in conjunction with the Ministry of Transportation, has initiated a number of changes over the past few months to alleviate the problem.

"We've just installed a new controller and some long-range detectors," Heath said, "and we're in the process of adjusting our timing now to accommodate any kind of backup that would occur."

"We're going to open the right-turn arrow and hold it if the traffic is backed up and clear the ramp, mainly to accommodate that morning rush."

Heath acknowledges that people driving on Homer Watson might be delayed. There's a compromise here," he said. "It's a matter of holding up Homer Watson or holding up the ramp. If traffic backs up

onto the highway, we want to give the ramp priority."

Heath said the final phase of work currently underway involves connecting the new long-range loop detector to the controller and final timing adjustments.

There are also plans for the installation of a Bell line and modem at the site, so timing changes can be made from the office.

The new timing system will only be in effect during peak rushes and will operate normally at other times, said Heath. He said he does not know why traffic is heavier than usual at the Homer Watson ramp, but noted regional traffic patterns have changed this year.

He suggests it could be because more students are commuting or because schools are opening earlier.

"Right across the board in the whole region this fall, it seems like traffic has changed dramatically in the morning," said Heath. "It's got a lot worse. We've seen a widespread change and we're scrambling to make adjustments to accommodate it."

## New car pool service provided

By Paul Campbell

Travel may soon be a lot easier for students who do not have their own car or feel the pinch of operating one.

A new car pool service has been started up and is operating out of Waterloo.

The service, called Ride Exchange Inc., is the partnership of Daryl Bender and Michael Tarreiter.

They had been thinking over the idea of starting a ride program when they were still in university, said Bender.

Bender graduated in 1994 from the geography/transportation program of the University of Waterloo.

Tarreiter, also a Waterloo graduate, has a environmental resources degree from 1993.

As students, they came into contact with all the problems students face when needing to travel between different cities, said Bender.

He said, he was impressed by a Quebec car pool service called Al-

lostop.

Run out of the Montreal/Ottawa area it has had success for several years bringing together people with cars and those who need rides.

The two Waterloo students tried at first to get permission to open a franchise of Allostop in the area, Bender said. But the Quebec company did not want to go for that, he said.

Not wanting to leave it at that, the two used their education and personal experience to start up their own car pool service.

The service works by keeping track of those who have cars and are willing to share and those who need rides and are willing to pay, he said.

The Ride Exchange charges a \$10 flat fee and the rides and drivers work out gas prices, said Bender.

A bus trip to Toronto alone costs \$16.80 and to Ottawa \$69.55. Train costs are slightly higher and provide less frequent service.

Bender said that this car pool could benefit people who live in outlying areas the most. Bus serv-

ice to towns like Goderich and Hanover is poor, he said.

The company is still young, Bender said, and he and Tarreiter are still figuring out the details to get things running smoothly.

They said, they hope students will see this as a better alternative to the ride boards at their schools.

Bender said the service goes out to students of Conestoga College, Waterloo, Laurier and Guelph universities as well as other travellers.

The service they provide, said Bender, keeps track of the drivers and passengers where school ride boards leave people on their own with a stranger.

(The Ride Exchange Inc. works out of Waterloo and can be reached at 725-9525.)

### Corrections

In the Jan. 9 edition of Spoke, Shelley Kritiz's name was misspelled. Spoke Regrets the error.

## Winter Carnival POLAR PLUNGE

Take the Plunge  
Thursday, Feb 2

12 noon  
Doon Pond

**PARTICIPANT PRIZES!**  
Sign up forms & pledge forms available at the DSA Activities Office  
Proceeds to the Heart & Stroke Foundation





# Questionnaire rates faculty's performance



From page 1

-tor review the results and jointly develop action plans to enhance the teaching performance.

"Professional people should be constantly seeking information on how well they are doing," said MacKenzie.

"They should be striving for excellence, and legitimate feedback enhances that process."

But Kritz said there is not enough opportunities for student feedback with the existing system.

"I think they should be done on every teacher, every semester, by every student," she said. "The whole process should still go through administration," she said.

"I don't think the DSA should have anything to do with it. We are not involved with the hiring and firing of faculty, and people (in the DSA) aren't here long enough to worry about it."

Questionnaires would be espe-

cially useful in instances where the student or students may be experiencing harassment or verbal abuse at the hands of their instructor, she said.

As it stands now, students are advised to either approach the teacher with whom they are dissatisfied, or to consult the chair of the program.

Kritz said the problem with this procedure is that many students

may feel frightened or intimidated to step forward and speak up. "There are problems with teachers,"

she said, "but no one (students) wants to cause problems."

MacKenzie said the best way to effectively deal with student concerns with a particular teacher, is to deal with the matter directly and immediately and to "go through the steps".

Questionnaires, he said, are more of a "last line" procedure.

MacKenzie said, "I believe that students have absolutely every right to demand the highest quality education they can get."

**The best way to effectively deal with student concerns with a particular teacher, is to deal with the matter directly.**

John MacKenzie, vice-president of student development

John MacKenzie reviews the student appraisal forms of the teaching questionnaire. (Photo by Kelly Spencer)

## Students enjoy new TV and VCR

By Dan Wettlaufer

Late last October the Doon Student Association (DSA) purchased a 52" wide screen television set and VCR for the student body of Conestoga College.

Shelley Kritz, DSA director of public relations said the TV and VCR were purchased mainly so students could watch their favorite movies, television shows and sporting events during their spare time.

The DSA would like to air shows like the current hit Beverly Hills 90210, Home Improvement, and major sporting events like the Super Bowl and the Stanley Cup.

The DSA also plans to broadcast upcoming DSA entertainment briefs and the monthly activities around the college, said Kritz.

Students can usually enjoy the TV in the student lounge Monday through Friday from 10 a.m. to 4 p.m.

"We (the DSA) were thinking more in terms of the long range plans for the new TV and VCR," said Jamie Proudfoot, DSA entertainment assistant. "It will become more viable for the students once we get the new student lounge."

Proudfoot said the student response to the new TV and VCR has been positive so far.

"I'll walk through the lounge and students start asking me when the TV is coming out and what movies we have for the day," he said. "Even before it's (TV) set up people start pulling up chairs around the set."

The television and VCR are currently being stored in a secure place at the end of the day, but the DSA is looking for a cabinet large enough to house the entertainment system.

Once a cabinet is found, or built, and a security cable is obtained, the DSA may move the TV to the main cafeteria, providing permission is granted.

"We want something built to protect the screen, we don't want the TV or VCR to be stolen," said Kritz.

Proudfoot said Fanshawe College in London has a student lounge with a TV and he thought Conestoga could also make valuable use of a television and VCR.

"Students were complaining they had nothing to do on their breaks," he said. "Some said they wanted to take it easy and relax."

The TV cost \$2,895 plus taxes, plus a \$269 extended warranty, totalling \$3598.25. The VCR cost approximately \$345, including taxes.

Andrew Schneider, a first-year business student, said the TV is just super.

## Business wing boost Government helps fund business wing

From page 1

of support any college in the system has ever received."

Tibbitts said contributors will be recognized at a dinner to be held in the fall.

In an interview after the ceremony, both Peric and Cooper

stressed the importance of community colleges in the educational system.

Peric said many university students take general courses that do not give them the proper training for the "real world, and those students have more trouble finding employment than college gradu-

ates. Colleges are as important as universities," he said.

Cooper said a recent problem is that a lot of college spaces are being taken by university graduates who have chosen to go to college because they know college training will lead to a job.

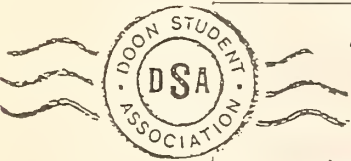
"I think that is going to be a

concern of ours," said Cooper, "the number of people with degrees being admitted to community college, because that is not what community colleges were meant for."

Peric noted, "Colleges will be more and more significant for our educational future."

## Election '95

### State your candidacy for the DSA Executive



POSITIONS AVAILABLE

**President**  
**Vice President of Operations**  
**Vice President of Student Affairs**

**NOMINATIONS OPEN**  
**Monday, January 30, 9:00 am**  
**to**  
**Thursday, February 9, 12 noon**

**Nomination Forms and more  
information available at the  
DSA Administration Office**

## Zonta offers \$500 award

From page 1

Nichols said there are other teachers at the Doon campus that are involved with Zonta International of Kitchener and of Guelph.

Each club works and volunteers within its community boundaries. Therefore, the award only appeals to Cambridge residents to ensure Cambridge's club does not infringe on other clubs' communities. Nichols said Zonta International is a club similar to the Rotary Club in many ways such as fund raising.

A lot of people do not notice the signs posted at the entrance of cities, said Nichols, "but they're there with the Rotary ones."

Applications for the Zonta International Award are available in the student services office (2B12) and need to be returned before Feb. 24.

The award winner, chosen by the club's board, will be notified in late March.

As well, the winner will be invited to attend a dinner at the Zonta Club in Cambridge where she will be presented with a cheque, said Nichols.

Last year only nine students applied because of the requirements to apply for the award.



# Former BRT student credits program for success

By Brenda Boomer

Former Conestoga College student Kathryn Little credits the broadcasting — radio and television program for her success at becoming the assistant manager of promotions for CHYM radio station in Kitchener.

"It (the program) helped me a lot, the skills I got from it," she said.

"Promotions is something we never took in depth at school. The background and the knowledge of the language helped a lot though."

Little said she knew she wanted to be in broadcasting since she was four or five years old.

"I used to play with tape recorders a lot,"

she said.

Little left the program in her third year to do her internship in downtown Chicago. She applied at a CBS radio station in Chicago while she was visiting her sister on the March break the previous year.

"I was totally shocked, I never had any experience in promotions and at first I didn't think I got the job," she said.

It was about four months after she applied for the job when CBS contacted her for an interview, she said.

"CBS is what sparked my interest in promotions. It never used to be an area I really focused on," she said.

The CBS station was one of the top 10 stations in America and their budget was

huge, said Little.

"They gave out leather jackets and had celebrities as their announcers," she said.

Little said B96 (Chicago) was a high energy dance station.

"I met Siskel and Ebert and I was in my glory," she said.

Little stayed with B96 for four months of her internship then came back to Canada.

She left for a few reasons, she said. Financial reasons as well as not being sure of living downtown Chicago. "It's really fast paced in Chicago. I dream about going back, but I'll stay here now to get a stronger background," she said.

Little considers CHYM a great place to work. "It's a perfect station to work for. It's

not so overwhelming," she said.

Little said she never realized she wanted to work in promotions and said she would still like to get into other areas.

"I love what I'm doing. I'm really lucky because CHYM is top in the market," she said.

Little recalled the broadcasting program at Conestoga as not being too challenging for her.

"I had all A's and maybe one C, but I enjoyed my homework. I didn't dread it," she said.

Little said her graduating class had a harder time finding jobs, but the references she received from Chicago helped to get her the job at CHYM.

## DSA set to help mature students

By James K. Leduc

Several prominent people from Doon campus met Jan. 19 to put final touches on a survey geared toward mature students who are facing child-care problems because of academic responsibilities. This "Children on Campus Task Force" has been formed due to the Doon Student Association's (DSA) response to an issue about kids in the halls of Doon campus while their parents are using computer labs to finish homework assignments.

Sabina Kampf, DSA president, Jacki Allin, DSA vice-president of student affairs and Shelley Kritz, DSA director of public relations, attended the meeting along with Donna McKenna, the chair of childhood care, and Ben Noseworthy — a member of the Doon campus board of directors and spokesperson for mature students. Barry Milner, director of physical resources and Jack Fletcher, chair of student services, also attended.

"We are putting a survey together to determine the needs of students," said McKenna. "We have to know the needs in order to know how to meet the needs."

McKenna read a list of questions that she said will help to gather information about child care needs

at the college. Noseworthy said he was concerned that a student would fill in the questionnaire for non-educational purposes. He said he was afraid some students would indicate they need day care for their children at night so they could go out, instead of completing their homework assignments.

The DSA said they would use several methods to get the surveys to the student body. Allin said one method would be to give out the surveys at the board of directors meeting Jan. 24. She said these members would be responsible for getting the surveys to the student body.

Noseworthy said he would guarantee the response to the survey would be high because this was an issue with mature students.

"There are a couple of thousand mature students and this is a subject that they are interested in," he said. "Mature students are going to blitz the main cafeteria with this survey and the mature students' club can also compile the survey results."

The task force decided to ask for a student number on the survey to keep the information confidential and ensure the results are accurate. The task force will have the survey results Feb. 10, and will meet again Feb. 16 to discuss them.

## Public relations essential for college life

By Kerry Masche

Community involvement plays an essential role in maintaining a positive image of a post secondary institution, and its student enrolment.

This role is the responsibility of Jennifer Leith, manager of liaison and information services at Conestoga College. Leith said the most important aspect of her job are the personal contacts her department makes with potential students from the time they approach the college, to the moment they walk in the door.

Leith, who has worked with the college since 1988, said there are two elements involved with the liaison department's connection with the local community. First, there is a "reactive force" which consists of members from information services responding to telephone inquiries from those interested in certain aspects of the college. This year 20,000 more calls were received than last year. A second element deals with community networking and the recruitment of students.

Leith said community liaison officers often make presentations at local elementary and secondary schools to inform young people about what Conestoga has to offer. She said schools are fre-

quented because "more emphasis is being placed on students in their transition years."

Special events are often held at the college to help promote career awareness and involvement with the community. Leith said on March 29, between noon and 3 p.m., a Cambridge Career Fair will take place at the Kenneth E. Hunter Recreation Centre.

Students from grades seven and eight will be invited to hear presentations from members of the local community involved with careers such as law enforcement, nursing and journalism. Leith said the event was planned in partnership with the Chamber of Commerce.

Vicki Russell, manager of communications at the college, said public relations and promotions work together to continuously improve the college's relationship with students and prospective students.

Russell is in charge of organizing promotional programs, advertising and the production of publications for the college. She said good promotion and positive public relations is important because it "enhances the college's image, supports the college's objectives and helps it to realize enrolment objectives and financial targets."

She added that it also increases community involvement and support of Conestoga College.


John Sawicki, manager of public affairs, focuses primarily on the media aspect of the college's public relations department. This involves acting as a liaison between the college and the local media, writing news releases and, as chair of the convocation committee, organizing the ceremonies.

Sawicki also writes five employee newsletters each year and three continuing education newsletters. Copies of all work he produces go to local politicians and members of the program advisory committees to keep them up to date on college information and progress.

Sawicki said one of the most important elements of the public relations department is to help change the inaccurate view some people have of colleges as a "second-rate" institutions in comparison to universities.

He said over the past 15 years, hard work has gradually led to a change in public perception of colleges.

"We've become a really important part of the local scene and economy. Sometimes you just need to give things time to prove themselves."



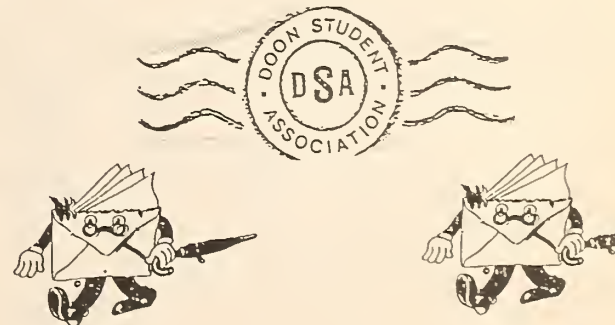
**Thursday, February 9**  
**Room 4B06**  
**Show Times**  
**11:30 am & 12:30 pm**

Sponsored by Conestoga College Date/Aquaintance Rape Awareness Committee

**WELLNESS EDUCATION TRAINING TROUPE**  
*presents*  
**LET'S TALK ABOUT SEX!**

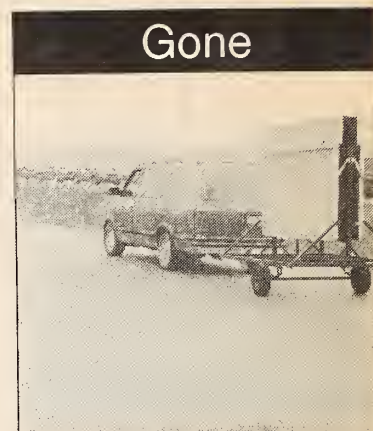
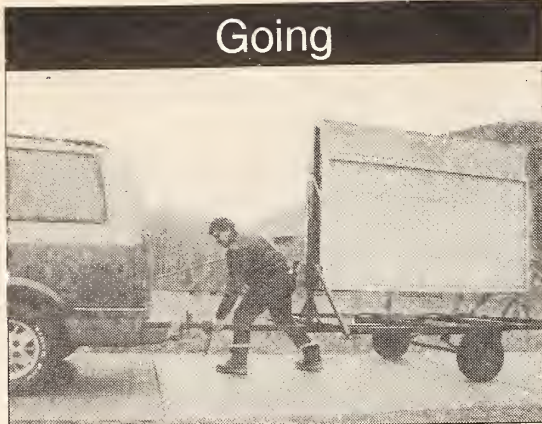
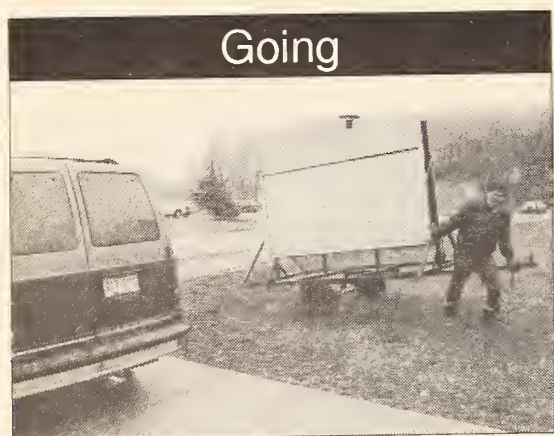
*We want to hear from YOU!*

*Any comments, suggestions, or questions are welcome!*



Drop off your comments to the Suggestion Box located on the Door of the DSA Activities Office (in main Caf) The DSA will respond to questions in SPOKE.





## Kitchener outlaws Conestoga's mobile signs

By Blake Patterson

The long arm of Kitchener law enforcement has reached out to touch Conestoga College, and two weeks ago, the mobile signs at Doon rolled into the sunset.

Since mid-November and on several occasions over the past two years, Conestoga's Doon Student Association (DSA) and the Condor Roost have used mobile signs beside the roadway into Doon to advertise upcoming special events such as concerts, hockey tournaments and pub nights.

But on Jan. 11, DSA activities

co-ordinator Becky Boertien was informed by Barry Milner of physical resources that the signs would have to be removed.

Municipal law enforcement officer Judy McGraw said she contacted Milner after a complaint was received from a person who knew Conestoga's signs were in violation of Kitchener's sign bylaw.

According to the city's municipal code, only wall and ground signs are allowed in areas zoned as residential, institutional or parks.

McGraw said Conestoga is zoned as institutional, and as such, its mobile signs were illegal.

McGraw explained the law is designed to keep unwanted advertising out of non-commercial areas. But, she added, if the signs were made permanent, they would meet regulations. Cameron Heights Collegiate Institute and Laurentian Public School, according to McGraw, are examples of local institutions which have conformed to the law by replacing mobile signs with permanent signs.

Of course, the company that rents the mobile signs does not agree.

When Paul Lighti of Advanced Mobile Signs came to tow away the signs, he said the municipal by-

law is costing his company thousands of dollars every year.

He said, "The city doesn't plow these roads so why should they be concerned about the signs?"

Yet, regardless of the squabbles between sign companies, city by-laws and zoning restrictions, the people who use the signs say that the loss of the signs means the loss of a valuable communications vehicle for the college.

Boertien said she will miss the signs because they were a good way to communicate information about big activities at the college. She said the DSA will now have to

resort to wider use of posters and increased advertisement in Spoke and CRKZ. But she said the use of posters is often unsatisfactory because bulletin boards are only located in high-traffic areas.

The Condor Roost manager Susan Ludwig agrees. Ludwig said the mobile sign located on the corner near the Kenneth E. Hunter Recreation Centre was her "number 1" form of advertising.

She said the Roost will now try to advertise by word-of-mouth, but she said she hopes something can be done to eventually get the sign back. "It was good for business."



First-year student Jeanette Cantin reads a Toronto Star that she picked up off the overflowing recycle bins. (Photo by Patti Harding)

## Garbage stalls recycling efforts

By Patti Harding

Recycling bins are in the halls of Conestoga College so students can help the community reduce the amount of garbage going to landfill sites.

Dan Stark of housekeeping said that some students seem to be using these recycling bins as garbage cans, and as a result the cans are not getting emptied.

The six recycling bins on the fourth floor, for example, are overflowing with garbage. Along with the proper recyclables, cans, glass, newspapers and white paper, the bins also contain garbage, plastic and bags.

Stark said he will be getting someone to empty the fourth floor containers, but if they are used for

garbage again, they will be removed.

The college has two different systems, he said. One to collect the garbage and one to collect the recyclable material.

Every classroom has a garbage can, and recycling bins are blue with the type of recyclable marked on the top of them in English and French.

The recycling bins are emptied weekly, but if they are full of garbage the people that pick up the recycling bins don't have to empty them.

But other than the problem of garbage being thrown into some of the recycling containers, the recycling program is definitely working, he said.

"There are a number of areas in

the college that are doing an excellent job in producing more recycling."

Because of a limited storage capacity at the college, the pick up frequency in each area for recyclables is under review, said Stark. The recyclable material may be picked up twice a week instead of once a week.

Although the increasing use of the recycling containers in other areas does not solve the problem of the garbage, it shows that most students are using the bins for what they are supposed to and that they are getting emptied as they should.

Stark said, "If people wouldn't use them for garbage cans, then they would be picked up more frequently."

## Dress differently for the United Way!

For \$2 per day (or 3 days for \$5), wear whatever you want (almost) to school — and support the 1994-5 area United Way campaign. The Conestoga UW campaign committee has set the following **DRESS DIFFERENTLY DAYS** — but you can use your dress-differently tickets for *any* day you choose.

**Tuesday, Feb. 14, 1995 — dress red for Valentine's Day**

**Friday, March 31, 1995 — dress differently for April Fool's Day (the following day)**

Buy your tickets from: Mary-Lynn Dedels (Doon), Leisa Cronsberry (SCSB), Mary McElwain (Woodworking Centre), Barb Glaser (ECE), Linda Guthrie (Guelph), Sherley Loucks (Waterloo), Karen Wilson (Cambridge), Linda MacLeod (Stratford), Sue Read (Health Sciences).

## Advertise in Spoke

*This could be your ad space. Contact the ad manager at 748-5366*



*Advertise in Spoke*



# Cambridge campus receives new computers

By Maria Wareham

Students at Conestoga's Cambridge campus now have the opportunity to work with newer, faster computers thanks to the Training and Development Department at Doon.

The department purchased updated computers on Nov. 28 to meet the needs of their clients at the college. Sixteen 386-SX comput-

ers from a lab at Doon replaced the old 286 models on Jan. 12 at the Cambridge campus, said Sandra Schelling manager of training and development.

The computers were purchased through the department, said Schelling. "Typically we pay for our own software."

The centre is running a full-time bookkeeping specialty program and "we couldn't use the software

at the college," she said. Training and Development helps to retrain and put people receiving UIC back to work, said Schelling. "Everybody benefits from it."

Although the Windows program has not yet been installed, other programs such as WordPerfect and Lotus 1-2-3 are in operation, said Van Malatches, futures program instructor at the campus.

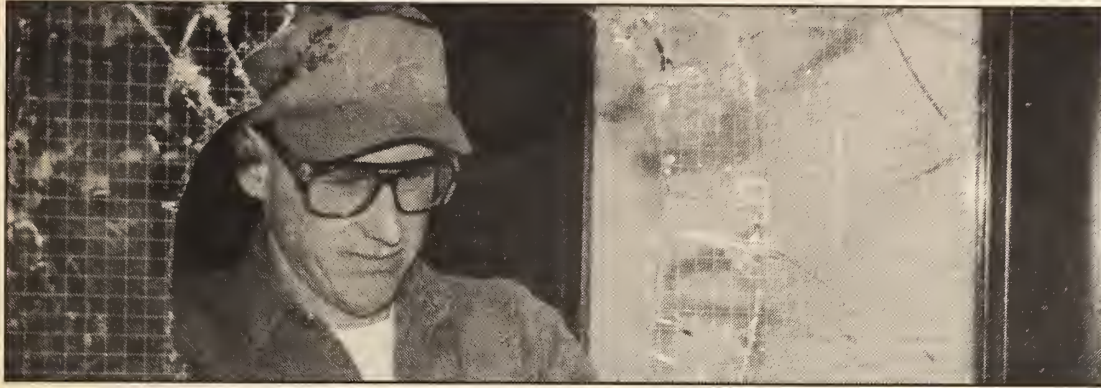
Malches said the new computers

are a benefit for his students and everyone at the college, and they were pleased to have the updated equipment.

Susan Garlick, Ontario basic skills (OBS) co-ordinator at the Cambridge campus, said some people interested in taking courses at the campus have called to ask what type of computers were being used and decided against taking a course because of the old models.

Campus secretary Karen Wilson said she took three calls prior to the beginning of the winter semester from people asking what computers were at the campus.

"People who had previously taken courses at the campus were asking if the old dinosaurs were still around if they were they weren't taking any courses. The new computers are definitely a benefit," she said.



Ken Schiedel, of Bullas Glass Ltd., replaces a window on the first-level doors leading to Door #5 on Jan. 20.  
(Photo By Brenda Boomer)

## Window smashing becoming a habit

By Brenda Boomer

Over the past three weeks, Conestoga College has been experiencing mishaps where glass in the doors is accidentally getting smashed.

According to Barry Milner, head of physical resources, the incidents involving four windows are all accidental misfortunes which have occurred through no malicious attempt at vandalism.

The first incident occurred three weeks ago when one of the cleaning crew accidentally hit the window of Door 5 with a broom handle, said Milner.

The window on the right side door

entering the blue room cafeteria from the main cafeteria was shattered when a caretaker's floor scrubber got away from him and hit the door. Shortly following that incident the left side of the same door was also shattered. Milner said this is still under internal investigation.

"The windows are not being vandalized and it is quite fortunate that no one has been hurt," said Milner.

The window of the door on the first floor leading to Door #5 was smashed on Jan. 20 when a student's knapsack slipped off his shoulder and hit the window.

Milner, however, is a bit skeptical of the last incident. "This window is a safety window. It has wire in-

side the glass so it doesn't shatter. It would take quite a blow for it to break like it did," he said.

The student, who can not be named because of the privacy act, went to security and tell them what happened, said Janet Smith, a security guard at the college. "He even offered to pay for the window," she said.

"He cut his hand and there was a lot of blood. It ended up being a small cut but we took him down to the nurse's office," she said.

The cost of damages endured cannot be calculated for a few more weeks because the invoices from Bullas glass have not been sent to the college yet, said Milner.

## Leaders in waste reduction

By Monika Greenan

Conestoga College is the leader at waste reduction in Ontario, according to Barry Milner, physical resources co-ordinator. "The college community should be very proud of the fact that we are probably one of the best institutions (at waste reduction) in the province."

Currently, waste reduction at the college is 55 per cent, five per cent over the target set by the Ministry of Environment and Energy, said Milner.

Complying with provincial legislation, the college has met and exceeded the targets of 25 per cent waste reduction for 1992 and 50 per cent waste reduction for the year 2000.

"Our biggest goal, now, is to maintain our current standards," Milner said.

The waste audit, funded with a \$7,600 provincial grant, was conducted by Gary Emili and Bryce Taylor.

"They literally sorted through the garbage. Every bag was opened and we now know exactly what types of garbage were produced and how much," said Milner.

The audit information will be

used to identify areas that are not using the recycling program to its fullest potential.

"We know the villains, but before we approach anyone we will put together some alternatives," Milner said.

In some areas, the alternatives may include an educational program to improve waste reduction.

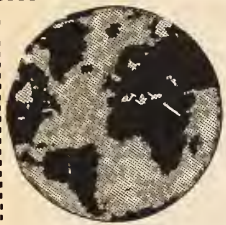
The audit was conducted in designated areas of Doon, Guelph, Cambridge and Waterloo campuses from September 1994 to December 1994.

All areas, administrative, office, laboratory, instructional, shop, lounge, cafeteria, kitchen and recreational, generated 488.7 metric tonnes of solid waste.

"One of the biggest areas was food waste in the classrooms," said Milner.

The waste breakdown, according to the audit, was 45 per cent land fill, 38 per cent recyclable and 17 per cent reuse.

To keep waste reduction at the 55 per cent level, recommendations will be made to encourage greater use of recycling programs and increase use to proper levels in areas that need improvement, said Milner.



ATTENTION STUDENTS  
FROM OTHER  
CULTURES

MULTI-CULTURAL STUDENT GROUPS

[FIRST MEETING]

WEDNESDAY, FEBRUARY 1ST  
12:30 - 1:30

ROOM : 1C9

AN OPPORTUNITY TO SHARE  
EXPERIENCES, CONCERNS AND  
QUESTIONS.

(BRING YOUR LUNCH)

ALL WELCOME!



Come by yourself,



come with a friend,



or come with a crowd...

AND GIVE YOUR GIFT OF LIFE!



The Canadian Red Cross Society

BLOOD DONOR CLINIC  
Wednesday, February 8  
10:00 am - 3:00 pm  
Blue Cafe.





# Conestoga in focus



**Top left:** Ken Schiedel of Bullas Glass Ltd. repairs the broken glass on Door #5.  
(Photo by Blake Patterson)



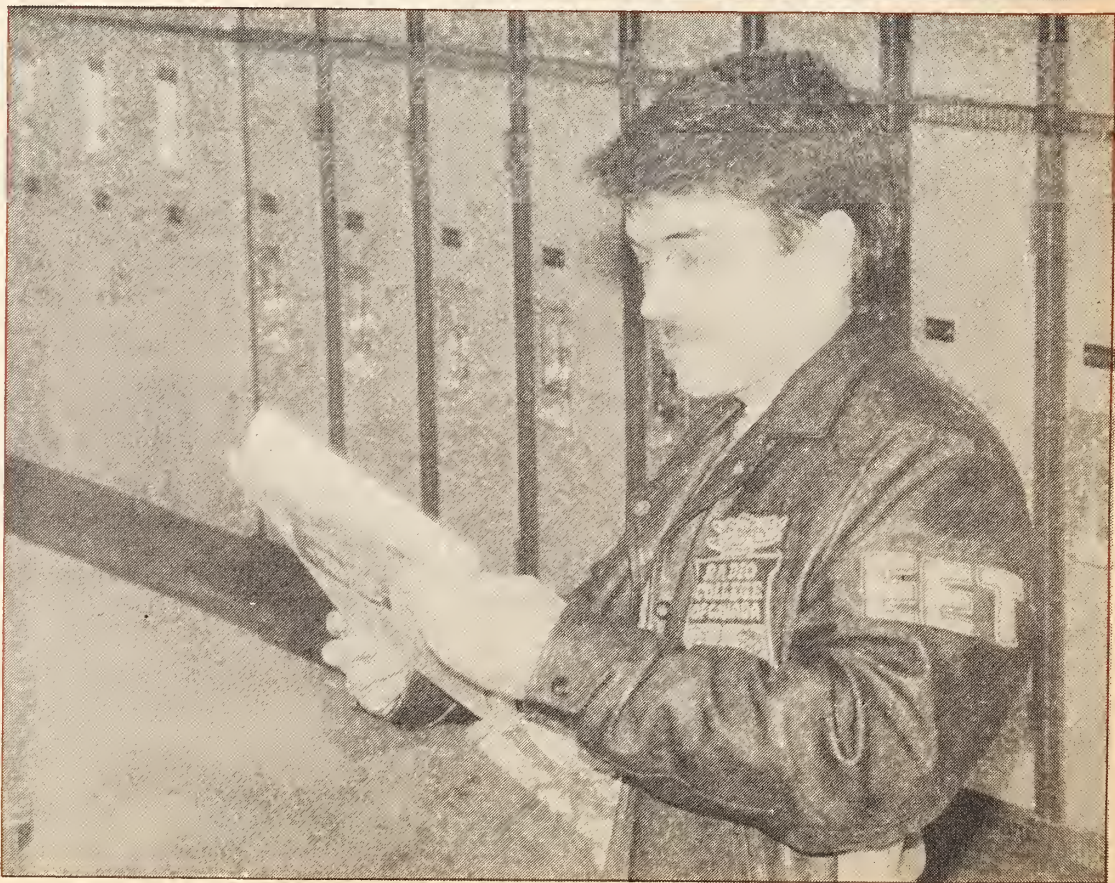
**Top right:** Peter Higgins, Conestoga's groundskeeper, trims bushes on a *mild* January day.  
(Photo by Blair Matthews)



**Centre:** D'arcy Dufresne, first-year graphic design student, works closely on a project.  
(Photo by Blair Matthews)

**Bottom right:** Keith Baker, computer programming student, reads Spoke while taking a break from classes. (Photo by Pat Bow)

**Bottom left:** Kelly Gutzeit, first-year construction engineering student plugs away at schoolwork between classes. (Photo by Kelly Spencer)





# Perspective

Women's Issues Awareness

## DSA uncertain of student's opinion on women's centre

By Kelly Lewis

Vice-president of student affairs, Jacki Allin, said "it's hard to give full support to a women's centre when we're not sure what the students think."

"A lot of it has to do with people's perception of a women's centre. It depends on what kind of activities you run and what kind of centre it is."

If a women's centre is established at Conestoga, she hopes that it will also be open to males at the college.

Allin said that although there are issues women have to deal with that men do not, such as pregnancy and abortion, these subjects also affect

men indirectly.

Allin said the DSA's support of a women's centre depends on what kind of a women's centre is established.

"If it is only available for women, I don't agree with that, but if men are welcome to obtain information there, I do agree."

Allin said she wouldn't like a man to feel out of place or uncomfortable in the centre.

She said she would like to see these issues dealt with by providing more resource material for students.

"Although there is resource material around the college, it's scattered. If someone wants to find this

kind of information there should be a central spot."

"Student services, DSA, the LRC and health services all have some information on women's issues," Allin said "but people are intimidated if they have to run around trying to find information on what can be a sensitive situation for them and may end up not getting any help." She said "because information is not easily accessible, I may not seek it out, or I would go for help outside the college."

Allin said in the real world, it is harder for women to achieve corporate positions or higher paying jobs and it would be beneficial for students at the college to learn about

women's issues before entering the work place. "Journalism, Early Childhood Education, Law and Security, nursing, business, all of those programs should be aware of issues surrounding women, because when they graduate they'll have to deal with them regularly," she said.

She said because people are constantly hearing about issues in the media, "they become numb to it and assume that the other guy is taking care of the problem or the issue."

Allin said although students do not hear of many problems at Conestoga such as sexual harassment or date rape, it could be because peo-

ple does not understand that the college offers services to help students work through these issues. "Even if people don't have an occurrence at the college, it could have happened two or three years ago, those people will still be dealing with the issues when they are here and help should be offered for them."

Allin said that she does not know if the DSA will offer any space for a women's centre in the new business building, because there will be a new executive by the time the space is available. She added that if space was allotted, the centre would be under DSA policy and rules.

## Conestoga "has work to do" on raising issues awareness

By Kelly Lewis

Conestoga College "has some work to do" when it comes to raising awareness and improving policy and procedures guidelines on women's issues and other concerns, said Jack Fletcher, chair of student services and of the date-rape awareness committee.

Fletcher said one way the college is raising awareness is by hosting a play performed by the University of Guelph, called Let's Talk About Sex, on Thursday, Feb. 9.

The play concentrates on issues surrounding relationships such as sexual assault, males in the 90's, homophobia, communications in relationships and abuse of alcohol, said Fletcher.

Fletcher said that there are good reasons that the college hosts this type of play and has the need for a date-rape awareness committee.

He said that one reason is "because you are getting a lot of young people congregated on the campus in one spot, some people are getting away from home for the first time, and along with both of those things comes drinking."

He said "the incidents of date-rape go up tremendously when alcohol is involved."

Fletcher said women can decrease the chance of encountering date-rape by double dating, meeting in a public place, and being aware of the role that alcohol will play on that date.

"It is important to watch how much your partner is drinking and how much you are drinking so that if you feel uncomfortable you can stop, or ask them to stop."

He said a good sign of a bad situation is if your date is encour-

aging you to drink a lot. "It's definitely a negative sign if they're really pushing the drinks on you."

Fletcher said the government supports the college in their desire to raise awareness.

"I think the government does give some money every year to help colleges and universities to deal with these issues."

One government group that supports raising awareness, is the Post-Secondary Anti-Harassment and Discrimination Project Coordinating Committee. (PAHDPCC)

In their recent newsletter, the organization stated their role, "is to support the initiatives of colleges and universities by providing educational and other tools to create a harassment and discrimination-free environment."

The organization also stated in their newsletter that they are inviting proposals "aimed at providing comprehensive training material from college and university members who are in decision-making roles."

PAHDPCC said an inter-institutional team from Georgian College, Humber College, and the University of Guelph, have been chosen to develop a package of three alternative delivery methods that teach others to use and adapt these models of training in their own post-secondary institutions.

The group said in the newsletter their core message is that "each member of the campus community is responsible for helping to create an environment which is harassment and discrimination free."

Fletcher said Conestoga College is working towards greater recognition of these issues, and that it will take some time and hard work to reach their goals.

## More men interested in women's issues

By Kelly Lewis

Recently, Herizons, a magazine that contains women's news and feminist views, published an article on women's bookstores, by writer, Nell Oosterom.

She said in North America, 26 new women's bookstores have opened up in the past 15 months for a total of 135 stores.

Although Kitchener-Waterloo does not have a women's bookstore, people do have some options in obtaining books and other resources that deal with women's issues, said Jean Downie, owner of HollyOak. Her store, located in Waterloo, has books, tapes and materials for self-help, healing and growth.

She said her merchandise can help women and men deal with issues in society.

"Wordsworth bookstore also has an excellent selection of books for people who are interested in women's issues," she said.

Downie said she believes the growing trend will be to offer merchandise that will cater to the needs of both sexes for an important reason. "I think it's becoming more of a feminine issue, and men are starting to honor their feminine side, so it's less gender-oriented and a little more balanced. More and more men are beginning to recognize their need for what women have traditionally found already — the emotional side of themselves."

It is still mostly women that come into the store, said Downie, but more men are coming in for help with their own issues that are mostly emotional.

"It's men who are giving themselves permission to address their emotional needs," she said.

Downie said "men are starting to honor the part of themselves that has possibly contributed to the need for feminism and are seeking out resource material."

Downie said "women have to realize that they have a nurturing side, and that is what should be a focal



This artwork, which is on the book cover "Women who Run with the Wolves," represents the wild-women archetype. (Photo by Kelly Lewis)

point in women's issues."

She said that in the past, women have tried to be more masculine to achieve equality and that is contradictory to feminist beliefs.

She added that "we have one society, and we all inhabit that society, and we should all be working towards a common goal, which is harmony. This starts within each person, by balancing masculine and feminine energies."

Downie said the goddess trend, which stresses the feminine side of life, has been catered to in many of the resources in her store.

Women Writers on the Bible, Women's Medicine Ways, The Sacred Priestess, and Women who Run with the Wolves, are only a few titles that line this store's shelves.

Another product that supports women's issues are the International Women's Day mugs. Downie said she is selling the mug for Anselma House, a shelter in Kitchener for abused women and children.

Downie said she is going to be a volunteer guest speaker at a future fundraiser for Anselma House to help give back to the community since the public has helped to make her store a success.

Herizons writer, Nell Oosterom, says that in Ontario, women's bookstores can be found in Toronto, Ottawa, Thunder Bay, London and Bloomfield, but that most larger chains such as Wall-mart and Costco, are now catering to feminist writers and readers.



# Now Playing!

## NBA Weekly Pool

Free Entry

Weekly Prizes sponsored by  
O'TOOLES

Mid Pool Prize awarded Mon. Feb.13  
1 ticket to Detroit Pistons Game on  
Feb. 14 vs New York Knicks

Grand Prize Awarded  
April 24

Winner will be determined by participant  
who is in top place of the standings



Cash  
Only!

Tuesday, February 14

Tickets: \$30

includes ticket & transportation  
Sign up at DSA Activities Office  
by February 10

Coachline will depart from  
Doon Campus Door 4 at 3:00 pm

## Coming Soon...



## Conestoga Kick'n Country Nite



Attention  
Graduating Students

## Grad Photo Time

Graduation Photos will be taken

February 6 - 9

February 13 - 16



More information available at the  
DSA Activities Office.

## CAREER CORNER

Submitted by Marilyn Snyder

### CONDUCTING A JOB SEARCH

About 80% of jobs are not advertised so it is important to use every available resource. The jobs are there but you'll have to work to uncover them.

Try these methods to collect **JOB LEADS**:

1. College Placement Centres
2. Answer Newspaper Advertisements
3. Direct Contact (approach employers you would like to work for and apply in person.)
4. Call Employment Agencies and arrange for interviews.
5. Go to your local Canada Employment Centre.
6. Contact local organizations and associations.
7. Ask friends ... relatives ... acquaintances ... contacts from previous jobs ... contacts from college ... from your work place-ment ... teachers

**NETWORKING IS ONE OF THE MOST EFFECTIVE WAYS TO FIND A JOB!**

Even if a company isn't hiring this week, they may next week, so apply anyway.

**GETTING A JOB IS BEING IN THE RIGHT PLACE AT THE RIGHT TIME.**

### ON-CAMPUS RESUME SERVICE

Do you require a professional looking resume at an affordable price? The Student Employment/Co-op Education department has a **RESUME SERVICE**. Your resume will be prepared from your draft copy, word processed and laser printed copies on your choice of high-quality paper. Come in and view the various formats and papers and ask for our price list. Do not delay! Have your resume prepared and be ready when the job of your dreams comes along. Come to Room 2B13, Inside Door #4, Doon campus

**REMEMBER:** The 1995 College/University Job Fair on Wednesday, February 15, 1995

at Bingham Conference Centre, Kitchener - 10:00 a.m. to 3:30 p.m. Free Admission and Transportation. Bus schedule in Room 2B13.

## Just what you need to Survive Winter!

### Winter Survival Kits

on Sale Now

\$15

Available at the DSA Activities Office

Get yours  
before the  
**BIG FREEZE!**





# Nutrition

## College students need to be fed

By Venus Cahill

For many people attending college, breakfast is out of the question, there just isn't any time.

But for most it has been anywhere from seven to 10 hours since the body has had nourishment. The body needs food for oxygen and to study you need to eat.

Most people will tell you breakfast is the most important meal of the day and Marilyn Fischer, Conestoga's resident nurse agrees.

"I don't believe you should go long periods without something to eat. That is why breakfast is so important."

There are many excuses for skipping breakfast. The top reason given in a recent mini-survey of college students being the lack of time.

Other excuses include: not being hungry in the morning, too much trouble to prepare breakfast, and being on a diet.

Fischer said these statements are just excuses.

"I think a lot of people will find

excuses for not having breakfast and sometimes they're not really legitimate.

A lot of people are pressed for time and it's whatever their preference is. They may wish to sleep

**"People will get into eating junk food and the wrong types of food simply because they are hungry."**

Fischer

longer rather than prepare breakfast."

But the excuse of not having time is a rather poor one. There are many ways to have a nutritious breakfast without spending a lot of time. For example you can grab an apple on your way in the morning, have leftovers or even prepare your breakfast the night before.

For those of you who don't feel like eating first thing in the morning a simple solution is to pack a small, nutritious mid-morning snack. A

healthy snack may include a bran muffin, a chunk of cheese and piece of fresh fruit topped of with a glass of milk from the cafeteria.

You may not like the thought of having a big breakfast, but it doesn't have to be big to be nutritious.

Fischer suggested the following as a good meal for busy college students.

The easiest thing would be cereal or toast.

You need some bulk as well so maybe you can grab a glass of orange juice.

This may be easier than preparing eggs, but contrary to the beliefs of many eggs are not the enemy. Eggs are good for protein, just be careful remember the phrase, "all things in moderation."

Now just because cereal has been suggested as a nutritious breakfast this doesn't mean Lucky Charms or Frosted Flakes are good for you. When Fischer suggests cereal she means plain cereal with no sugar added.

If you'd like to spice it up a little

add your own fruit like a banana or maybe even strawberries.

Whereas milk is also suggested, it is best to avoid homogenized and choose skim. For people who cannot tolerate skim milk try one per cent.

As for toast you can possibly try a whole wheat bread or an Italian loaf which has the least amount of fat.

Breakfast is the meal most often skipped by North Americans, and breakfast skippers usually fall victim to hunger pangs around coffee break time and opt for nutritionally-poor snacks such as chocolate or potato chips.

People will get into eating junk food and the wrong types of food simply because they are hungry, Fischer said.

Sometimes people are psychologically hungry — it's a whole behavioral modification change with people. You don't have to be hungry.

So why not give it a try and tomorrow you can start your day off a better way.

## Many ways to lowering dietary fat

By Venus Cahill

For many of you time is a key factor with your eating habits and it may be easier just to grab whatever is at hand instead of what is healthy.

Conestoga's nurse, Marilyn Fischer said a lot of students have told her they are trying to watch their weight, because they have noticed a weight gain of approximately 20 pounds since September.

Quite often she will tell them about pasta. Contrary to what you may believe pasta is not fattening, it is what you put on your pasta, said Fischer. Tomato sauce does not contain much fat. It's when you start adding cheese or butter to your pasta that you get into trouble, she said.

Fischer said, "It's really important to read the label to see what is in what you are eating. You have to look at the content — the things that are high up on the list are what there is most of."

However, people may be getting false messages from labels which say Low Fat, said Fischer. These labels may be misleading just because a package says it is cholesterol free doesn't mean it is. Take the time out to read the labels carefully. According to Fischer there are many food items available which are healthy foods depending on how you prepare them.

She said potatoes are not fattening if you eat them the right way — meaning baked but minus the butter and sour cream.

"A lot of things it's what you put

on them that adds the calories", she said.

A good healthy snack is popcorn, especially if it is air popped. It also depends on what you flavor the popcorn with. Currently there are many different imitation or artificial seasonings out on the market so using real butter does not have to be an option, said Fischer.

A January 16, Maclean's article said recent studies have established North Americans are more likely to die from heart disease cancer or diabetes, than people who live in countries where fish, vegetables and rice are the food mainstays.

North Americans in general prefer meat, fried foods and dairy products, but a 1994 survey by the National Institute of Nutrition re-

vealed more than four out of five consumers say they are concerned about reducing dietary fat.

If people just reduce fat and aren't balancing their diet by adding grains, fruits or vegetables this will not help.

Too much dietary fat can lead to obesity which can cause a whole range of health problems including high blood pressure and heart disease.

The Maclean's article said instead of taking drastic measures the best course is to learn to love the foods which are healthy for you.

The new trend at the moment is lower fat and higher fiber. Fischer agrees with the Maclean's article, she said the future will be a lower fat one.

WINTER CARNIVAL '95  
Lace up your skates for .....

# Free Skating



Join the Party at  
the Roost

**Wed. Feb. 1**  
**2:00 pm - 3:20 pm**  
**Recreation Centre Arena**

**Sponsored by**  
**DSA & Athletics**

WINTER CARNIVAL NOONER

# BOWSER AND BLUE

Tuesday, January 31  
12 noon  
Main Cafe.





# SPORTS

## Condor goalie gives team added confidence

By Mark Waddell

For many, winning the Ontario College Athletic Association championship would provide enough excitement for any hockey player's career.

For Condor goalie Scott Ballantyne, winning last year's championship was just one of the many highlights in a career which has spanned over 15 years.

Ballantyne, 22, grew up playing minor hockey for various teams throughout Kitchener, where he always played at a high level.

He said he won countless Molson Cup Player of the Game awards

while playing minor hockey.

Condor forward Brian Park attributed Ballantyne's success to his excellent work ethic.

"He always shows up for practice and he's usually one of the first players out on the ice."

Park said Ballantyne's great abilities bring out the best in his teammates.

He said Ballantyne gives the team confidence, especially when the team is caught up ice.

Ballantyne said his best skills are his quickness, his ability to see the entire ice surface and his ability to anticipate what will happen next.

Condor forward Rob Asselstine

grew up playing hockey with Ballantyne.

"He means a lot to the team," said Asselstine. "Wherever we played, Scott would always play a great game."

Another highlight in his career occurred when Ballantyne was in Grade 12.

He received a phone call informing him that he had been drafted by Owen Sound of the Ontario Hockey League.

"I enjoyed my time playing in Owen Sound," said Ballantyne, who was traded to Sudbury after playing his first full year for Owen Sound. Ballantyne never played for

Sudbury.

Instead, he elected to direct his attention towards his education before applying to Conestoga College.

Condor head coach Ron Woodworth holds Ballantyne in the highest regard when comparing him to other goalies in the league.

"He's quite simply the best goaltender in our league," said Woodworth.

He said Ballantyne is an excellent goalie because he's fast and his positioning to stop shots is very good.

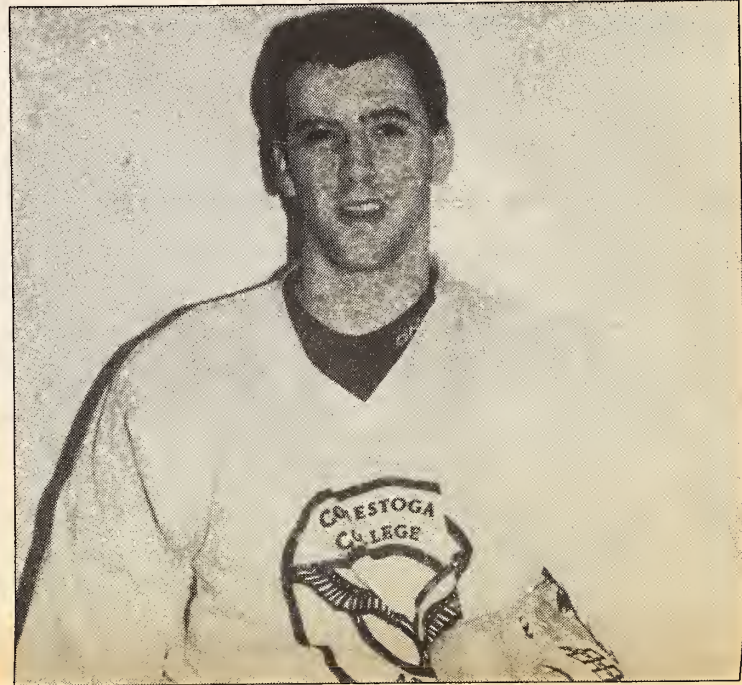
Woodworth also commented that Ballantyne is a likeable player who gets along with his teammates.

### Male Athlete of the Week for Jan. 16 - Jan. 22



**Brian Park**

Park, captain of the hockey team, scored three goals and had two assists in the Condors' 9-4 win over St. Lawrence college on Jan. 18.



Scott Ballantyne has played hockey in the Ontario Hockey League for Owen Sound and now with the Condors. (Photo by Mark Waddell)

## ATHLETIC NOMINATION FORM

This form is used to nominate the following:

1. Official of the Year
2. Athlete of the year (male/female)
3. Intramural team of the Year

### Athlete Of The Year

The candidate shall:

- be a full time student
- have successfully completed all academic courses
- participated in Varsity Athletics
- demonstrated exceptional athletic leadership, dedication and sportsmanship

### Three Areas Of Involvement

- varsity Athletics
- Intramural Participation
- College or Community Leadership



CONESTOGA  
COLLEGE  
ATHLETICS &  
RECREATION

### Official Of The Year

The candidate shall:

- have officiated in a minimum of two intramural leagues and/or Varsity Assistant capacity
- demonstrated exceptional leadership, dedication, good skill level and knowledge of the game

Team: Nomination forms may be picked up at the Rec Centre  
Nominations close March 31st.

## SUMMER JOBS AVAILABLE..

The team at Conestoga College Recreation Centre are looking for players for the following summer '95 positions:

- Camp director
- Leaders & counsellors
- Instructors for various programs
- Computer instructor ( To include Lotus, Wordperfect 5.1 etc.)
- Convenors



CONESTOGA  
COLLEGE  
ATHLETICS &  
RECREATION

If you are looking for a challenging job with flexible hours ( dependant on programs) and enjoy working in and outdoors with children, then we would like to hear from you. Experience is preferred and training in First Aid, CPR and WHMIS would be beneficial for all above positions.

If you would like to join our team, then stop in the Rec. Centre front desk and pick up your application (Please attach a current resume)

For more information please call 748-3512 or Barb

McCauley Ext 386

Deadline for applications is Feb 28. Don't delay- Apply



# Foreign exchange to Germany will broaden student horizons

By Mark Waddell

A representative from the Ontario Baden-Wuerttemberg College Student Exchange Program spoke with Conestoga faculty and students Jan. 16 to discuss an exchange program offered to Ontario colleges that would allow students the chance to visit Germany.

Reiner Frisch, program officer from Georgian College, outlined the Berufsakademie system, which offers students an alternative to a regular co-operative education program.

According to Frisch's handout, the Berufsakademie system is an academic and employer-based method of learning which consists of four to six, six-month semesters. Each six-month semester consists

of three months of academic training and three months of on-the-job training. Students receive a diploma upon completion of the program.

"It's very effective to have practical experience before you start working," said Frisch.

According to a brochure from Frisch, students eligible require successful completion of a work term in Canada and high marks in the programs of business, technology, hospitality or similar programs. Also, students should be able to speak some German Frisch said. "It doesn't have to be perfect, but it's highly recommended that you have a working knowledge of the German language."

Derek MacNeil, a robotics and automation engineering student who

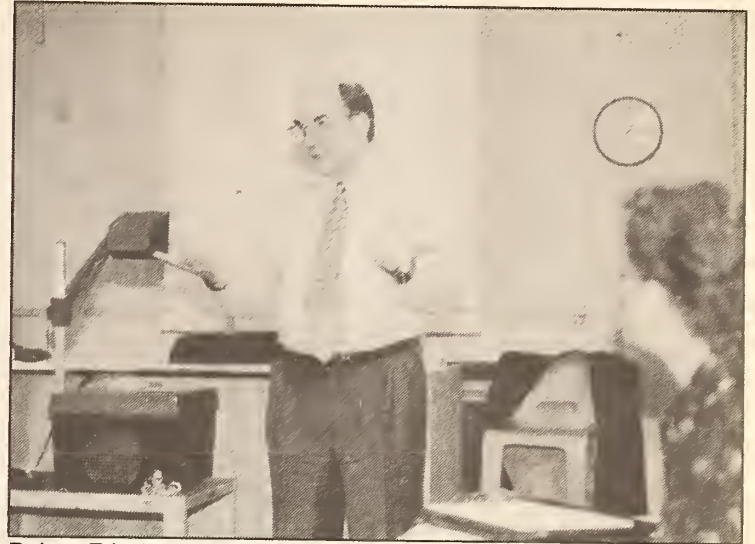
attended the seminar plans to enrol, he said not only the international work experience is important, but the life experience is important as well.

MacNeil said, "Exchange programs are great. They allow people to broaden their horizons." He said it is important for a student to learn and adapt to a different work environment.

Larry Rechsteiner, Conestoga's co-ordinator of planning and international education, said it's an excellent opportunity for students in the programs targeted.

"It's an interesting alternative to co-op education," said Rechsteiner.

Rechsteiner said, anyone interested in obtaining information can contact the student co-op and placement office at 748-5220 ext. 756.



Reiner Frisch, program officer from Georgian College, spoke about exchange programs to Germany. (Photo by Mark Waddell)

## Helping students to like themselves

By Patricia Bow

Low self-esteem may seem like a crippling disease to the sufferer. But Joan Magazine, a counsellor with student services, says the condition is not inescapable. It stems from behaviors which were learned and which can be unlearned, she said.

Magazine is leading a self-esteem workshop which began Jan. 24 and is to run for five weeks at Doon campus. Participants will meet for two hours on Tuesdays in small groups.

Each week they will be introduced to new ideas and new tools for the building of self-esteem. They will practice applying these tools in their daily lives, and then return to share their insights with the group.

Magazine said the group approach is well suited to counselling on self-esteem. "The benefit of a group is hearing you're not alone." Many people suffer in isolation, she said, and merely learning that you are not, after all, "so strange and unique" often helps to cut the problem down to size.

To raise self-esteem, you

must first understand it is a behavior which can be changed, Magazine said. To change that behavior, you must learn to recognize the habits and thought patterns which reinforce the behavior.

She cited perfectionism as one example of self-sabotaging behavior. When only perfection is good enough, you are doomed always to fall short, she said.

Another common way of undermining yourself is to credit your successes to luck, while accepting blame for every mistake.

Sometimes, Magazine said, people are aware of their self-defeating habits yet seem unable to change them. This is because they have reinforced those habits, often for years, "by continuing to choose the safe path."

For example, a shy person will stay away from social gatherings to avoid risk. As a result, he never learns the social skills he needs to mix with other people, and becomes even more isolated. He never wins "the rewards that come with the risks," Magazine said.

One way of effecting change is to repeat self-affirming statements. For example, Magazine said when she starts to feel trapped in a situation, she will remind herself, "I am flexible." The technique can be surprisingly effective, she said.

Change happens when damaging habits are not just broken, but replaced by positive ones. Magazine said people who suffer from self-esteem must learn to nurture themselves.

"Think of the ways you are good to others, and do those things for yourself," she said. She suggested buying yourself flowers, or indulging in a lazy evening from time to time — without feeling guilty.

These occasional treats and rewards carry the message that you are a worthwhile person. Practice this new habit consistently, and you may begin to believe the message, Magazine said.

The self-esteem workshop was last held in the fall, 1994. An evaluation was done afterwards and all who took part described the course as helpful, Magazine said.

## No justice for victims

By Monika Greenan

Family members left behind after the violent death of a loved one must cope with a complex justice system that upholds the rights of the criminal and forgets that the victim has rights.

On March 30, 1994, Joan Heimbecker, 25, was shot four times with a sawed-off shotgun and left to die in her room at Hamilton's McMaster University. Rory Foreman, a Conestoga nursing student, was charged with her murder.

Heimbecker's family was left to deal with Canada's justice system much in the same way Debbie Mahaffy said she has had to deal with a system that forgets about the victims.

Speaking to an audience of 75 people at a crime forum in Cambridge Wednesday night, Mahaffy said "Many times, people ask me, 'What is justice?'"

"Give her back to me, that is justice," she said. "Obviously that's not going to happen."

Mahaffy has been lobbying for changes to the justice system. "I don't wish anyone the touch of reality that we've had," she said.

For Mahaffy true justice is if everyone becomes indignant and empathetic with victims. Crime forums, in towns and cities across the country, will make

more people aware of the problems faced by victims, she said.

The meeting, organized by Gerry Martiniuk, the Progressive Conservative candidate for Cambridge, was attended by panelists, Mahaffy; Cam Jackson, Conservative MPP for Burlington South; Ken Carmount, a retired homicide staff sergeant with Waterloo regional police and Bob Calhoun, a member of Mothers Against Drunk Driving (MADD).

Calhoun, whose 23-year-old son was killed by a drunk driver in 1992, said the drunk driver received a four-year penitentiary term but was released early, serving only 21 months.

In our society "victims have no rights," he said. There should be "truth in sentencing. Four years should mean four years."

Victims are (treated as) secondary," said Carmount. The question is "are the right people, the most qualified, on the (parole) board?"

Referring to the recent disappearance of Melanie Carpenter, Carmount quoted her father, Steve Carpenter, as saying, "death (suicide of abduction suspect Fernand Edmond Auger) is a better sentence than the justice system."

Carmount said sentencing should protect society first, but now the system rehabilitates first.

## Winter Carnival '95

Sun. Jan 29

Moose Bowl '95  
Flag Football Tournament & Superbowl Party at Moose Winoski's

Sign up at DSA Activities Office

Mon Jan 30

11:30 am Main Cafe FAMILY FEUD

Sign up your Family at the DSA Activities Office



Tues. Jan 31

12 noon in Main Cafe Free Nooners

featuring BOWSER & BLUE

Entertainment at its Best!

Wed. Feb. 1

2:00 pm Free Skating at Recr Centre

3:00 pm Co-ed Sno-Pitch & Road Hockey Tournaments  
3:00 pm Roost Party & BBQ

Sign up at the DSA Office

Thurs Feb 2

12 noon POLAR PLUNGE

1:30 pm Plunge Party at Roost

Sign up at DSA Office

Proceeds to Heart & Stroke

Fri. Feb 3

12 noon in Main Cafe The DATING GAME

5:00 pm Pre Game Party at the Roost Entertainment by Jeff Tanner

7:00 pm CONDORS vs Cambrian Draw for trip to Daytona

Game Time 7:00 pm

# Condors vs Cambrian Pre Game Party



Entertainment by

Jeff Tanner

at the ROOST  
Fri. Feb. 3  
5:00 pm

Free Admission to Party & Free Hot Dogs (1 per person)



Door Prizes! Chance to Win Trip to Daytona!



# Conestoga teacher featured in local woodcarving show

By Paul Campbell

Peter Findlay, an instructor in the woodworking program, will have his carvings shown at Kitchener's Joseph Schneider Haus from Feb. 12 until the end of July.

The show, called Chips Off the Old Block, will feature approximately 100 of Findlay's carvings and is meant to showcase his particular style of carving.

Findlay has been chosen as folk artist in residence for the year. Each year a different person is picked by the board of directors, called the Friends, to be associated with the Kitchener heritage site.

The Joseph Schneider Haus has been showing a lot of quilting work and sewing and they thought it would be good to show off some carving for a change, Findlay said.

Findlay has come to the historical landmark to show off his work for the past several years, coming in to do chip carving and other work for the public.

The collection being shown will include Fido, Findlay's first carving, made during his childhood. Fido is a small dog carving.

It will also include carvings made by his father and grandfather to show how these two men have influenced him starting out.

Of his own work, there are seven whittlings, 21 chip carvings, eight reliefs, 10 carving in the round, two pieces of fretwork, 10 turnings, 10 painted or pyrography works, five toys and 10 pieces carved from found wood.

Findlay thinks of his carving as being part of his life as a whole and not simply as a hobby practised on the side. He said his carving and his work done teaching woodworking design have often come together and things he learns doing one helps improve the other.

As a child Findlay started carving at the age of 10 with the encouragement of his father and grandfather.

Vacations on his grandfather's farm, outside of Woodbridge, On-

tario, meant helping him build things and take them apart.

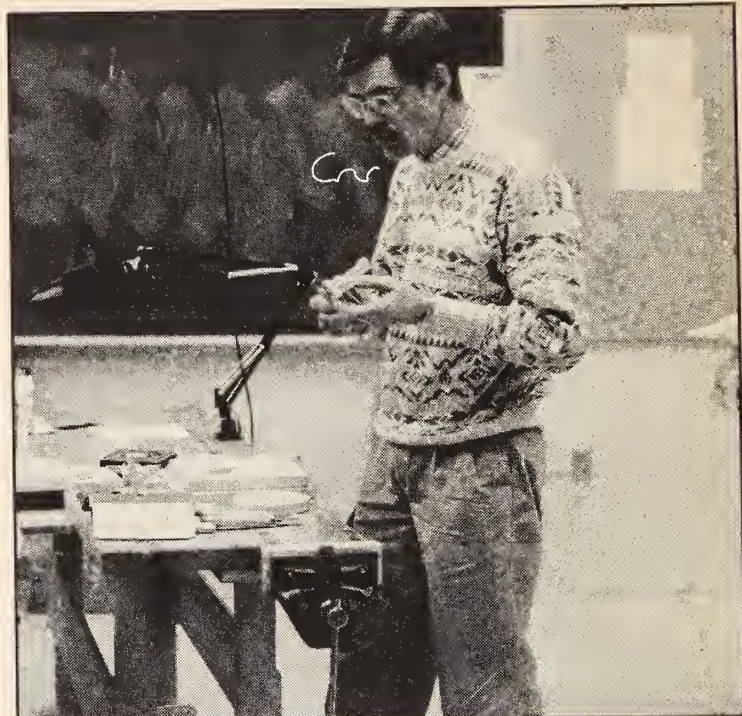
"His idea of fun was work," Findlay said, "so he was always doing something around the farm."

Findlay and his cousins would use his grandfather's lathe to turn egg cups out of small scraps of wood. The egg cups were only finished if his grandfather could see light through the wood.

After high school, where he took all the shop options, Findlay attended Ryerson Polytechnical Institute, in Toronto, where he studied furniture and interior design.

Still continuing his wood carving, he worked in Nova Scotia and Ontario in the furniture industry.

Findlay has won places in national wood carving competitions. He has had his work shown at the Canadian National Exhibition. He has also helped the Joseph Schneider Haus provide the Canadian Museum of Civilization with German style carvings.



Peter Findlay, instructor in the woodworking program, inspects a piece of work in a woodcarving class. (Photo by Paul Campbell)

## Business management co-ordinator retires after 21 years

By Don Ross

Students and faculty gathered at the Holiday Inn on Fairview Road, Jan. 18 to celebrate the retirement of Bill Harrison, co-ordinator of the business management studies program.

Harrison, who was employed at Conestoga College for 21 years in various capacities, announced upon retirement, his implementation of a student fund for needy business students.

"When Bill announced his retirement he suggested in lieu of various faculty parties during the year, the money should be given to students," said Jay Moszynski, marketing teacher, and Harrison's colleague for 14 years.

"Donations can be from any source; we'll publicize this through the registrar's office and subcommittees."

Third-year management students presented Harrison with a cheque

for \$100 towards the fund at the retirement gathering.

"About five months ago I overheard someone talking of the shortage of money available to needy students interested in careers in business, and decided a bursary should be set up for them," Harrison said.

The faculty of the business management studies program has stipulated the applicant for the bursary must be: enrolled in a full-time program in the Conestoga School of Business, have successfully completed a full course load in the first semester of a business program; intend to complete a full two or three-year course; show genuine need of assistance in buying books and supplies, or in paying tuition and other expenses; and complete an application from the School of Business office and submit it to the subcommittee.

The selection will be made by a committee made up of the fund cus-

todian and four faculty members from the School of Business, Harrison said.

Funds will be approved on a loan basis or as a grant, at the discretion of the committee, he said.

Credit slips which will be redeemable for books, supplies and school fees may be issued to the student.

The fund is open to anyone wishing to donate monies from any source, and the names of donors will be added as contributors to the fund, as outlined in the list of criteria put out by the School of Business.

Harrison said he plans to enter into business with his daughter Val, consulting with firms and setting up their bookkeeping and computer systems, in Cambridge.

"I've been here 21 years and you never think your going to reach the end, but I'll always try to remain in close association with the college," Harrison said.



Bill Harrison receives a cheque from students to start a new fund for needy business students. (Photo by Don Ross)

*Would you like to join a Peer Student Support Group for Gay and Lesbians?*

*come to Student Services Rm 2B12 and ask to talk to Joan for more information.*

## College Madhouse Super Party

## THE ROXX



Sign up at  
the DSA  
Activities Office  
by Tuesday,  
February 7

Age of Majority  
Required

Friday, February 10

TICKETS: \$5.00

includes Transportation  
bus departs from Door #4  
at 7:00 pm



# ENTERTAINMENT

## A glimpse of the unspeakable with *Murder in the First*

By Kelly Spencer

As the opening credits roll across the screen, the voice of prisoner number 244 is heard in the background. Somewhere behind the black screen he is sobbing and pleading with prison guards to spare him a beating. There is a pause, and then a loud clanking noise. The movie screen lights up, and *Murder in the First* begins.

Based on a compelling true story, *Murder in the First* follows the remarkable relationship which develops between two young men in their unlikely quest for truth and justice.

Kevin Bacon gives a brilliant performance as prisoner number 244. Henri Young, having stolen \$5 to aid his sister during the Great Depression, is tossed into America's model penal institution at the time; Alcatraz.

Young's attempted escape lands him in solitary confinement. For three years he exists in the five-foot-high underground vault. Naked, alone and in complete darkness, he is surrounded only by mouldy stone walls and the cold mud floor on which he sleeps. There is no light. No heat. No hope. It seems a horror too unspeakable to be true. But the film has just begun.

The cell door swings open and the associate warden Glenn, played by Gary Oldman, shackles each of Young's arms to the cell walls. He methodically applies a seemingly endless

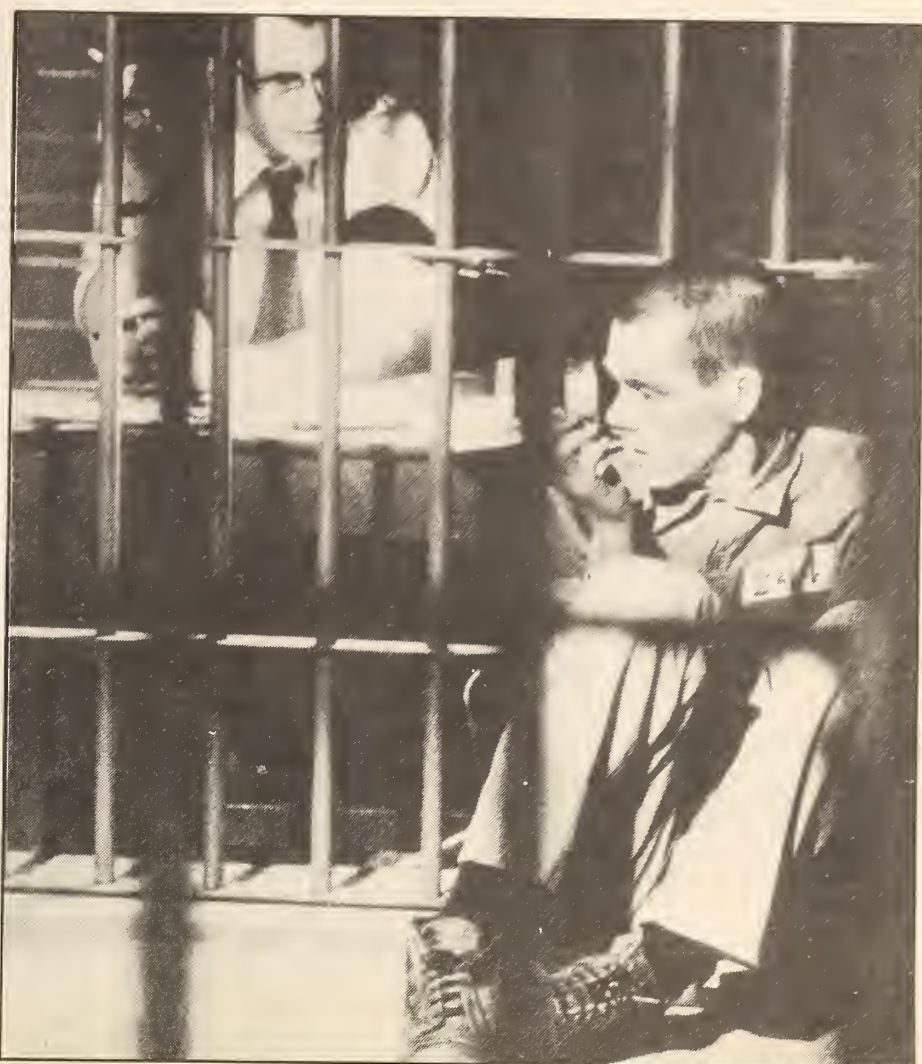
bout of blows to the prisoner, (a scene from which the camera never strays). Once the warden leaves, and the cell door closes, the audience is left alone with Young in utter darkness. Blubbing incoherently, eyes rolling back into his head, a grisly image pours down from the screen. His long hair and thick beard are caked in blood. The camera pulls away and exposes his bleeding, naked body convulsing on the muddy floor. Such is everyday life for Young at Alcatraz.

The mental torment of his time in solitary confinement drives Young over the brink. Within his first hour of release into the "general population", he murders a fellow inmate who, he suspects, was responsible for his time in "the hole".

Christian Slater plays James Stamphill, the eager attorney fresh out of law school, who is assigned to Young's case — murder in the first degree. Stamphill throws his promising legal career on the line to expose the horrific abuse of his client. Unbeknownst to him at the time, he is also marking the beginning of the end of Alcatraz.

Throughout the ordeal, a strange friendship emerges. Slater gives a convincing edge to the role of a man devoted to uncovering the truth and delivering justice.

On the flipside, Oldman's portrayal of the savage ringmaster behind Amer-



Christian Slater and Kevin Bacon star in the courtroom drama "Murder in the First", a Warner Brothers release based on a true story revolving around the relationship between an attorney and convict. (Courtesy photo)

ica's secret sideshow of horrors, is also dynamic. Warden Glenn's relentless cruelty is the driving force behind the film, and definitely Oldman's best performance to date.

As for Kevin Bacon, I can't remember the last time I saw a performance like this one. And I must

admit, I'm not sure I can stomach another one any time soon.

Through his subtle, yet obvious mastery, Bacon brings to life a character crouching in the dark corners of all of society's inhumanities — complete helplessness.

If you're looking for a Fri-

day night fluff movie, oozing with blood and gore and mindless delight, you won't find it here. Granted, you will find blood, but you should be prepared for the intensity of *Murder in the First*.

At times you may feel that the blood you see is your own.

## Young inducted to Rock Hall of Fame

By Monika Greenan

Artist: Various

Album: *Into the Black* — an electric tribute to Neil Young  
Performance: Raw  
Hot Spots: *Down by the River*  
Bottom Line: *Borrowed Nostalgia*

*Into the Black* and its companion album *Out of the Blue* are tributes to Canadian singer/songwriter Neil Young who was inducted into the Rock and Roll Hall of Fame, Jan. 13.

Produced by Sony Music's Micheal Roth and Gary Furniss, *Into the Black* reflects Young's

penchant for recording imperfections and as a result the album captures a spontaneity and rawness seldom found in today's music industry.

The beginning of "When You Dance I Can Really Love", remade by Big Sugar, captures the pre-recording conversation between Gary Furniss and Gordie Johnson. The discussion about sound distortion due to a band member's guitar, seems to be an attempt to recapture Young's affinity for recording technical imperfections.

Throughout the album, Young's substantial influence on such diverse acts as: Blue Rodeo, who sing "Waiting For You; the Skydig-

gers," with their version of the Stones/Dylan-influenced "Mr. Soul and Barney Bentall" and the Legendary Hearts who steamroll through "Like a Hurricane," is evident.

"The Needle" and "The Damage Done," sung by Our Lady Peace, is Young's statement about heroin addiction and about Crazy Horse guitarist Danny Whitten who died from a heroin overdose.

"Tonight's the Night" recaptures Young's anguish over the death of Crosby, Stills, Nash and Young's guitar technician Bruce Barry.

The remake of "F\*!#in Up," by Junkhouse, gets immediate attention because of the title and the shock quality of this four-letter word. The song has a depressing quality that works for people who enjoy wallowing in self-pity or for those who just like to annoy their elders by playing it over and over again.

For those who enjoy the sound of quality electric guitar, "Down by the River" sung by Wild T and the Spirit, is definitely worth a listen. It has an upbeat quality with vocals that are clear and understandable and not drowned out by heavy drums and screeching guitars.

At first the album may be too intense and noisy for some listeners but after the third or fourth listen is an enjoyable, albeit short, walk through Young's music.

## Using knowledge as power to change ideologies

by Linda Orsola Nagy

"Without struggle there is no progress."

So says the character of a Columbus University professor in John Singleton's latest movie, *Higher Learning*.

Singleton, who both wrote and directed the film, presents the moviegoer with two hours of extremely graphic and quite often emotionally disturbing images of this struggle.

A fictitious university campus erupting in social turmoil and violence is the microcosmic society chosen by Singleton for the movie setting. Characters attempt to deal in their own way with almost every human issue possible, including rape, sexism, racism and homophobia.

Startling realistic character portrayal gives the film a definite edge. From Lawrence Fishburn as a political-science professor trying to teach students to use knowledge as power, to musical artist Ice Cube as a student externalizing a historical fight for equality, each character develops in a relatively short period of time a distinct and personal ideology.

The emotionally-charged solitary moments allow the audience to relate to and in some cases even em-

pathize with people who are following focused personal agendas which cross the line between tolerance and hatred. A fresh-faced freshman from Idaho shows how blurred the line can become when he becomes entangled in a web of hatred and supremacy.

The movie also has a very strong soundtrack. Tori Amos and Rage Against The Machine are just two of the contemporary artists who forcefully reflect through their music a powerful sense of the subject matter.

Although the university backdrop and funky music seem to attract a large number of high school aged people, *Higher Learning* has something to offer a much wider audience. The movie attempts to create a certain social awareness of issues which are often left alone to brew dangerously close to the surface; the result is chaos.

*Higher Learning* tries to make its audience think about more than what's between your legs, the color of your skin or whom you would or would not fall asleep beside at night. Erase all ideas of superiority.

What the movie does not do is give solutions. Knowledge is power, says the political-science professor. Together people must find the answers.

## Classified

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# DSA: The group that shakes the foundation

By Dan Wettlaufer

Most students at Conestoga College enjoy the free Nooners that the Doon Student Association (DSA) provides. Lunch hours can be spent in the main cafeteria and all the problems of school can float away, even if it is only for an hour.

But how many students know the people who bring them these events?

Meet Jamie Proudfoot, a third-year marketing student and DSA entertainment assistant.

Proudfoot originally joined the DSA as pub manager and found himself helping out the entertainment department because of the low number of Conestoga drinking pubs held last year. When the position for entertainment assistant was made available Proudfoot was hired for the position.

"Brad Logel and I developed a relationship last year and we sort of know what the other wants to do," said Proudfoot. "I kind of snuck into it (entertainment assistant)."

Between Proudfoot's education and the five committees he is involved in he also has the responsibility of booking entertainment for the Nooners.

Proudfoot and Logel attend regular conferences available from the Canadian Organization of Campus

Activities (COCA). COCA is a student organization made up of student programmers, student buyers, associate members who are in the entertainment field and various agents.

The conferences consist of showcases, which in turn are made up of musicals, lectures and/or stand-up comedy. From these showcases Conestoga's entertainment duo can decide what acts are currently "hot", available and the price tag attached to each group.

Most of the acts that come to Conestoga are booked through COCA, but word of mouth, and organizations like Frontline

Attraction s, Matrix Entertainment and Trick or Treat also

have bands and groups available, said Proudfoot.

Proudfoot said Yuk Yuks has also called the college a couple times with a tip on a good stand-up comedian.

Bands and comedy groups have also been known to call the college and inquire if they can play at the college.

"We are definitely on the map," said Proudfoot. "A lot of entertain-

ers want to come here."

Proudfoot said he can't believe the reputation Conestoga has for entertainment, sighting names like Burton Cummings, Jim Carey, Harem Scarem and Corey Hart as previous entertainers who have graced the college with their talents.

Proudfoot said, "We have tried to go with more comedy and variety acts and the students have responded positively. That seems to be a happy medium for everybody."

He says it is not just one vein of entertainment and it is something that can respond well to all entertainment areas.

**"Country is hot right now and you can't deny it."**

Jamie Proudfoot

And why has there been a cut-back in live bands for the free Nooners?

"The volume levels were not appreciated by Beaver Foods Services and Barry Milner of physical resources, at the time," said Proudfoot.

As well as setting up the free Nooners, the DSA entertainment department also sets up special events for the students to enjoy and participate in.

Currently, the DSA is planning a Conestoga Kicking Country Night in conjunction with the Twist and

the radio station CKJL. The Garth Brooks tribute band, No Fences will be providing the live music. "Country is hot right now and you can't deny it," he said.

The tentative date for the event is Feb. 17. Starting time and ticket prices have not yet been solidified.

Proudfoot said being part of the DSA and various committees has helped him in various ways and would encourage other students to get involved.

"I think you grow big time when you are involved with a student association. You learn to plan and live with a beer in one hand and the daytime in the other," he said.

Proudfoot's time for growing on the DSA will shortly be over. He and other members of the DSA will be graduating this year and turn the association over to new students.

"A lot of the executives are graduating and there is going to be a high turnover in the DSA," he said. "There will be a lot of new blood and a steep learning curve for the new executive."

Once his tour of duty on the DSA is complete Proudfoot said he can see himself in sales when he joins the working world.

"I really don't want to focus myself on one thing and get my heart set on it" then not have things work out, he said.

## Crash Test Dummies thrill 3,000 fans at LuLu's

By Nancy Usjak

Winnipeg's Dummies crashed LuLu's Road House Jan. 21 to the delight of over 3,000 fans.

The Crash Test Dummies — Brad Roberts on vocals and guitar; brother Dan Roberts, shorn of his flowing black locks, on bass; Ellen Reid, the script writer of the band's videos, on keyboards; Benjamin Darvill on mandolin and harmonica and Mitch Dorge on drums — put on a boisterous show.

Brad Roberts greeted the audience and purred like a baritone lion about how great it was to play North America's biggest bar. "A place that looks quite spectacular from my point of view," he said with one eye-

brow arched. "I can see an area that used to be the hardware section."

The Dummies strutted their stuff, performing a barrage of songs from their albums, *The Ghosts That Haunt Me* and *God Shuffled His Feet* — an album that ironically did poorly at first in Canada but picked up speed after an incredible reception internationally. The album hit No. 1 in Germany, Norway, the United Kingdom, Denmark, Australia and New Zealand.

The Dummies have also been nominated for three Grammy Awards for Best New Artist, Best Pop Performance by a Duo or Group with Vocal and Best Alternative Music Performance.

Accolades aside, the Dummies entertained with zeal and bounce; Darvill hopped and skipped on the stage, puffing on his harmonica and picking his mandolin while delighting the audience with 101 goofy facial expressions. Reid wowed the crowd with her accordion and smooth vocals, all the while bopping in her skin-tight Levis and baring her teeth. The Dummies made certain their fans had a good time.

Three quarters into the concert, Roberts introduced a sixth musician playing the synthesizer who recorded with the band on *God Shuffled His Feet* — Cathy Brown — and made her demonstrate Mongolian singing. Brown sang an

eerie Gregorian chant-like note to the cheering crowd.

"Some of you folks that smoked that pre-concert reefer probably got a real thrill out of that," Roberts smirked.

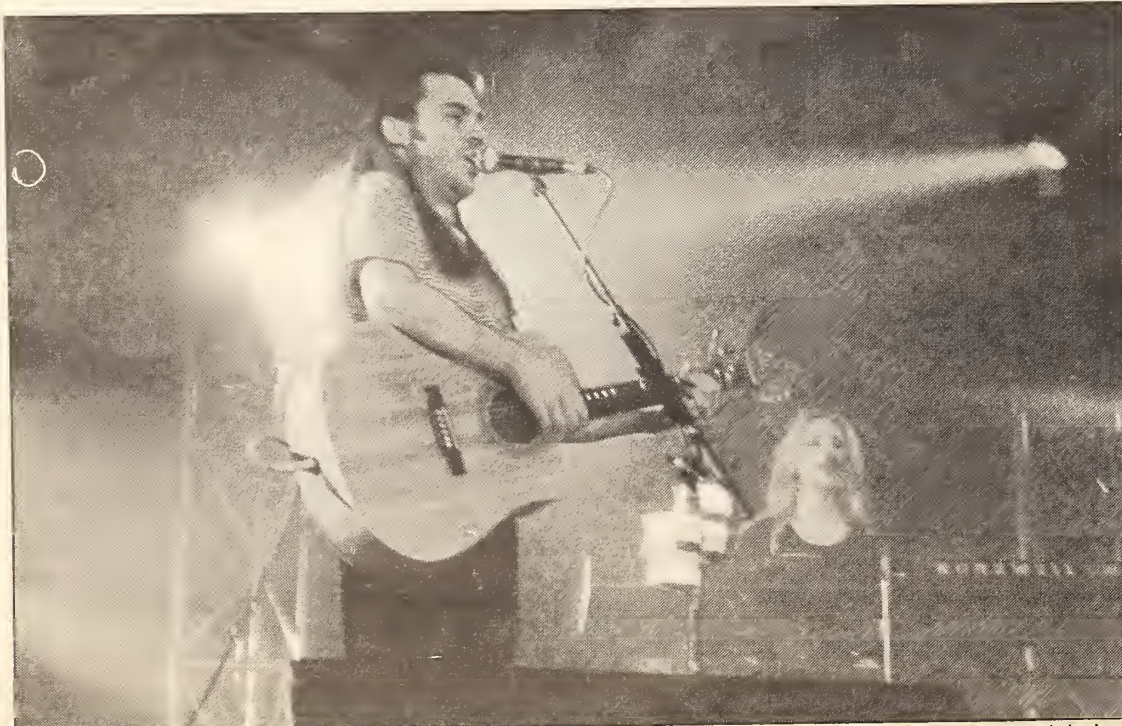
Roberts' mythical third testicle kicked in and the velvety baritone sang the band's hit single Mmm Mmm Mmm Mmm — a song that has been both parodied by Weird Al and featured on the soundtrack for the Jim Carrey movie, *Dumb and Dumber*.

Roberts, seemingly overwhelmed by the audience's cheers and screams, once again twisted his lips into a smirk and cocked an eyebrow, performing

the cult hit, "Superman's Song."

The Dummies closed with "Afternoons and Coffee Spoons," dedicated to Roberts's "failing respiratory system" — the English and philosophy graduate has asthma — and then bounced back to their roaring fans with three lively encores.

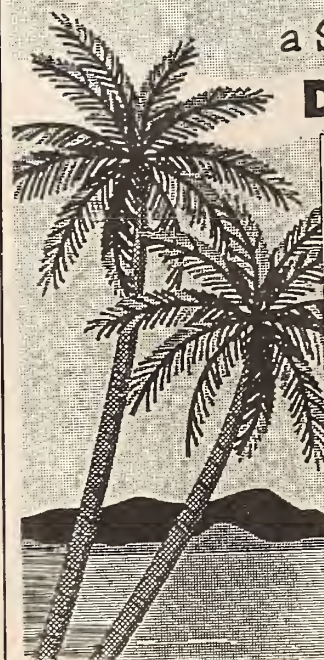
The Dummies' plans for an Asian tour are on hold; the band is preparing for an eagerly awaited third album.



Brad Roberts and Ellen Reid of the Crash Test Dummies entertain the LuLu's Roadhouse crowd during their Jan. 21 show. (Photo By Nancy Usjak)

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